

# DAILY MAGAZINE PAGES FOR EVERYBODY

## Secrets of Health and Happiness How a Sheep's Pancreas May Aid the Human Body

By Dr. LEONARD KEENE HIRSHBERG

A. B. M. A., M. D. (Johns Hopkins).  
THE sweetbread of the human body, the pancreas, is a flattened-out, pink banana and it abides comfortably about our stomach.

The pancreas is from one-half to two-thirds of a foot long, and it pours a digestive fluid into a little hose-like gutter, or canal, which empties into the loop of the bowel; which is really a continuation of the small end of the stomach.

The pancreas not only gives forth a digestive fluid into the intestines with "pancreatin" and other "ferments" in it, but it manufactures an internal juice or "hormone," which enters the blood just as thyroid juice, adrenin, juice, pituitary juice and the juices of the rest of the glands. This "hormone" of the pancreas seems to be necessary to burn up or oxidize sugar in the blood and tissues. Diabetes, or sugar disease, which is recognized when doctors find sugar to pass out in the kidney fluids, in the major portion of instances, is associated with deficiency, deformity or sickness of the pancreas.

As an example of a wonderful work of knowledge about the pancreas and its work, it is only necessary to quote a famous doctor's recent words: "I think," he says, "I voice the opinion of all pathologists when I say that every individual who has a diminished tolerance for sugars and starches exhibits the symptoms of diabetes and must be considered as a subject of a defective pancreas."

In the blood of those who have diabetes there is an absence of the pancreatic hormone. This juice is absolutely necessary for the tissues to use sugar. This is proven by a simple experiment:

If a sheep or a calf's pancreas is tied up and added to the blood of one with diabetes, the power to burn up sugar is at once restored. Dr. Morris, of New York, is convinced from his researches that many sufferers with diabetes have succumbed to this because of inflammation of the pancreas. This was caused by microbes which crawled and colonized their way from the bowel into the pancreas.

It might be expected that all a doctor need do to "cure" diabetes is to feed the victim some pancreas or some of the hormone extract of one. But such treatment, unhappily, has been often tried, like wishing for wealth, without success.

Sugar in the kidney fluids may be caused by taking or injecting certain "hormones," such as thyroid, or especially adrenin. In such instances the administration of pancreas augments instead of diminishes the loss of stored up sugar.

Sugar are stored up in the liver and muscles, for the same purpose that Joseph used to fill the granaries of ancient Egypt. They are reserves for days of famine.

Dr. Zuelzer, a German savant, reports good results in the treatment of diabetes by taking sheep's and calves' pancreas and extracting the digested albumens from it. His treatment causes sugars and acids to disappear from the fluids by the injection of his prepared pancreatic extract.

Two recent investigators, Drs. Rennie and Fraser, made a mixture of dry pan-



DR. HIRSHBERG

### Answers to Health Questions

R. R. How may a young man increase his height?  
Any kind of stretching exercises, especially trapeze, will increase your height. Ten hours sleep a day, plenty of plain food, and an outdoor life.

A. M. L.—Am middle-aged woman in perfect health. Have taken a cold bath every morning for years, and yet I catch cold when I get in a draft. What is the cause and cure?  
Do not avoid drafts. Keep in them more than ever. Harden yourself. Make your flesh used to all sorts and conditions of weather.

DOROTHEA—Am troubled with very coarse pores. Cleanse my face night and morning with cold cream, but cannot remove oily matter which clogs pores. Do you think violet-ray treatments will make my pores more active. How can I refine my skin?  
1. If you will use boiled-cooled-water in which there are very few drops of weak ammonia, or in lieu of this, lime water, your face will clear up. 2. No. 3. Try milk of magnesia on it.

Dr. Hirschberg will answer questions for readers of this paper on medical hygiene and sanitation subjects that are of general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is of general interest, he will be glad to answer personally, if a stamped and addressed envelope is enclosed. Address all inquiries to Dr. L. K. Hirschberg care this office.

## Advice To Girls

By ANNIE LAURIE.

Dear Annie Laurie:  
I went with a young man for over a year and promised to marry him. About Christmas time last year I met some one else and gave him up. The second one wants me to marry him. I know he would make me a better husband than the other, and I am very fond of him.

But when I hear of the other going out with any one else I feel mad and hot-tempered for some time after. Even when the other young man is with me.

Topsy.

Topsy, which of those two men do you really love?  
Do you love either of them, or do you just love yourself and the fun of making some one else love you? When are you happiest—when you're with the first man or the second? Which is your kind of a man?

Which one is most like one of your brothers in the things he likes and the things he hates?

Glamour is a fine thing for a love affair, but it doesn't always wear very well after the rice is all brushed out of your going-away gown. The man who will make you happiest, and the man that you can make happiest is apt to be one who has something the same sort of ideas that you have—at least the same standards.

Which do you like best—a garden rose or an orchid?  
Marry the man who likes the same sort of garden, and you're apt to marry a man who's had something the same sort of parents and the same sort of home life as you have. And you'll be apt to be able to make a home for him when he comes.

From your letter I think I don't know why—that the second man is a good man, who loves you, and the first man is one who is not so good—and you love him—or think you do.

Why did you break off your engagement with the first man? Was there just a foolish little quarrel, or did you become convinced that he wasn't worthy of you? It makes all the difference in the world.

If he wasn't worthy, then, what reason have you to think that he is worthy now? Has he changed—or have you?

Marriage is a serious affair, you know, Topsy, and you can afford to take a little time before you slip your hand into a running noose that may not be so easy to untie, after all.

Doubtful—Don't make a martyr of yourself trying to "be true" to some one who never made any pretense of caring for you, and for whom you never cared. Be good friends with your new friend, and if something of friendship results, don't give the "other man" a thought.

(Copyright, 1914, Newspaper Feature Service.)

Annie Laurie will welcome letters of inquiry on subjects of feminine interest from young women. They will be glad to reply to them in these columns. They should be addressed to her care this office.

## Simple Service For Hot Days

By MRS. CHRISTINE FREDERICK.

DOG days are here, and it is just the time to start an innovation—if you haven't already done so—for a much simpler table service. The more dishes on the table, the more crowded and hot the appearance. Jaded appetites just now are affected by trifles, and the neurological effect of food is more than a test.

So many of our dishes lend themselves to simpler service that one often wonders why such number of women still cling to elaborate table settings. The dinner table, had everything brought on for her luxury, and that she ate from the tray, and having even a portion of the table set.

A small bowl of salad, a single service plate, a glass of water, and a glass of wine, and a tall glass of some beverage can all be brought on a square or oblong serving tray and thus avoid the setting of the table except that a crash runner or dolly may be used.

Fortunately we are all becoming sensible enough to about the dolly and runner form of service in the hot weather. The cool appearance of the uncovered wood is very charming and the lessening in our laundry bill will be appreciable.

Elaborate napery, centerpieces, and dillies are out of place in summer service. The center of the table, and the more quaint the napery, the more attractive it will be. For this reason, the Japanese cloth of hemlock, the simple round dillies of Madeira or other simple button-hole linen.

A large platter offers wonderful possibilities in serving. Just the other day at a luncheon, a large Canton blue platter was used. In the center of it was a mound of potato salad, garnished with olives and radishes, and about this were interlarded slices of ham, chicken, and tongue. Another platter held sandwiches, pickles and nuts, and one more tray held all the beverages.

A plate with napkin was first passed to every guest, and then the passing of three trays served this really generous luncheon.

The same idea can be applied to an evening meal, and many decorative effects are possible by using a large platter and combining on it two or three of the main food of the meal. It is not necessary to use the service plate, and the paper plates now on the market are so attractive that they would be worth to use them at least once or twice a week on a hot evening, so that there should be no term of dishwashing. Indeed, there are certain paper plates as white and lovely as porcelain, and a new paper napkin is made of paper which looks like crepe de chine. Paper table cloths, too, with damask patterns, are beautiful, and will also cut the laundry bill. Special children's sets of napkins and little tablecloths come, which are greatly enjoyed by the little folk. And a detail here, a short cut there, can be made to simplify the summer service. The moments saved in table setting, or in the clearing of the table, are all moments of energy saved for the housewife or mother to put into care of herself, or a little more attention to the children, or a bit of more time for that "tired business man" husband who would much prefer to see his wife fresh and unweary and eat his supper from one plate, than come to a supper with six platters and a woman with a sick headache.

(Copyright, 1914, Mrs. Christine Frederick.)

## Ladies' Union Veteran Legion Works For Soldiers' Rights

MRS. MARY F. CASE.

MRS. H. J. HOFFMAYER.

MISS CELYNDA FORD.



Patriotic, Charitable, and Civic Betterment Organization Has Active Auxiliary Here for Many Years.

Auxiliary 32, Ladies' Union Veteran Legion, serves a triple purpose. It is a patriotic, charitable, and a civic betterment organization.

This auxiliary has a long record of actual achievement to its credit. It has taken the initiative in many reforms, such as that to have wives of soldiers buried with them, and to have relatives of privates officially notified when they die.

The auxiliary's philanthropic work has been notable, and its efforts in behalf of community reform movements have been highly effective.

By J. R. HILDEBRAND.

The Ladies' Union Veteran Legion believes the time will come when the men who fought to preserve the union will be honored as highly as those who fought for its independence.

That is the platform of the legion, already a national organization of large proportions and influence. It has a branch in Washington, Auxiliary 32, which has been active in patriotic and civic movements.

Auxiliary 32 has striven in every way possible to inculcate patriotism among the citizens of this city. Its patriotism not only has been expressed in exercises and meetings, but in many concrete achievements. It fostered the movement for the burial of the wives of privates and non-commissioned officers in national cemeteries.

When it was found extra plots of ground could not be designated for this purpose, a compromise was effected and the auxiliary concurred in the idea of burying the wives of soldiers in the same graves with their husbands.

This project was taken up in the auxiliary in 1900, and a committee composed of Mrs. Ellen Spencer Mussey, Mrs. J. Ellen Foster, and Mrs. Mero L. Tanner carried it to a successful issue.

In the same year, when the Board of Charities was named by President McKinley, and the women's name, and appeared on the list, the auxiliary took up the matter and the appointment of Mrs. Foster, an expert in prison reform, resulted from its efforts.

Publicity for Soldiers' Deaths. Two years later Auxiliary 32 made a direct appeal to the Secretary of War requesting that notices of the deaths of privates, serving in the Philippines, Cuba, or elsewhere beyond the borders of the States, be transmitted to relatives by mail. Previously this had not been done, and unless friends looked after the matter, parents remained in ignorance of the death of sons until long after their burial had taken place.

In addition to this work of its own inception the auxiliary co-operated with other women's clubs of the District of Columbia Federation in the fight for vestibule street cars, for laws against spitting on street cars and sidewalks, and in the passage of a law giving women increased property rights.

The auxiliary joined in an appeal to the District of Columbia Federation to amend the tax laws of the District so that yearly tax bills also would include a full statement of any delinquency in previous years. It indorsed the federation's support of the committee of 100, formed to support the half-and-half plan of taxation in the District. It helped in the movement to establish a Juvenile Court in Washington, and has been actively interested in other civic efforts of the federation.

In addition to its patriotic meetings and its efforts for community betterment the auxiliary has had time for some of the phases of work of a study and literary organization. Miss Janet Richards delivered before its members a course of lectures on current events for one season, and at other times it has had lectures on such topics as Confederate prisons, and other civil war subjects, as well as general talks of travel.

Purposes of Legion. The national body was formed in 1890. Washington Auxiliary 32 was organized in January, 1896. The aims of the legion, as declared by its founders are "the cultivation of true patriotism and patriotism; the intellectual, social, and moral development of its members; the relief of Union soldiers, their widows and orphans, and others in sickness and distress; and by personal example and influence to inculcate the three principles of the order, "Virtue, Charity, and Loyalty."

In the early days of its existence the legion found much to do in the relief of soldiers and their families, but in recent years the demand in this field has been lessened. But charitable efforts in other directions have supplemented this direct aid to the Union veterans. During the Spanish-American war nearly 6,000 soldiers were cared for in the comfortable privates and dispensaries organized by a few auxiliary members.

Auxiliary 32 has presented to Encampments 69 and 111, Union Veteran



MRS. CELYNDA W. FORD.

ance of the death of sons until long after their burial had taken place.

In addition to this work of its own inception the auxiliary co-operated with other women's clubs of the District of Columbia Federation in the fight for vestibule street cars, for laws against spitting on street cars and sidewalks, and in the passage of a law giving women increased property rights.

The auxiliary joined in an appeal to the District of Columbia Federation to amend the tax laws of the District so that yearly tax bills also would include a full statement of any delinquency in previous years. It indorsed the federation's support of the committee of 100, formed to support the half-and-half plan of taxation in the District. It helped in the movement to establish a Juvenile Court in Washington, and has been actively interested in other civic efforts of the federation.

In addition to its patriotic meetings and its efforts for community betterment the auxiliary has had time for some of the phases of work of a study and literary organization. Miss Janet Richards delivered before its members a course of lectures on current events for one season, and at other times it has had lectures on such topics as Confederate prisons, and other civil war subjects, as well as general talks of travel.

Purposes of Legion. The national body was formed in 1890. Washington Auxiliary 32 was organized in January, 1896. The aims of the legion, as declared by its founders are "the cultivation of true patriotism and patriotism; the intellectual, social, and moral development of its members; the relief of Union soldiers, their widows and orphans, and others in sickness and distress; and by personal example and influence to inculcate the three principles of the order, "Virtue, Charity, and Loyalty."

In the early days of its existence the legion found much to do in the relief of soldiers and their families, but in recent years the demand in this field has been lessened. But charitable efforts in other directions have supplemented this direct aid to the Union veterans. During the Spanish-American war nearly 6,000 soldiers were cared for in the comfortable privates and dispensaries organized by a few auxiliary members.

Auxiliary 32 has presented to Encampments 69 and 111, Union Veteran

Always Alert to Aid Army and Navy Men, Their Wives and Families, and to Better Conditions in Capital.

Legion, large silk flags with pennants.

One of the most impressive exercises it held in recent years was the presentation of a flag to the Episcopal Home for Children in Anacostia. General Nelson A. Miles was present on that occasion, and made an address. The presentation speech was made by Miss Celynda Ford, president of the auxiliary. Children sang "The Star-Spangled Banner" as General Miles slowly raised the flag from the arms of Miss Ford to its place at the top of an eighty-foot staff.

Following the flag-raising a lawn fete was held at Miss Ford's home, 68 Massachusetts avenue northeast, at which President Taft was the guest of honor. The President made an address extolling the work of the legion.

Leaders in the Work. Miss Ford, now president of the Celynda Werner Ford, affectionately referred to by members as "mother of the auxiliary, and now is secretary. The present vice president is Mrs. Annan E. Ball; the treasurer, Mrs. H. Jane Hoffmayer; the director, Mrs. Sarah J. Croissant; and the historian, Mrs. Mary F. Case.

From the Washington auxiliary have come three national presidents of the legion—Mrs. Mero L. Tanner, Mrs. Sarah E. Pittman, and Mrs. Ada H. Weiss. It also has been represented among national secretaries, councilors, and other officers.

Many noted army nurses have been members of the auxiliary. Three of these still are living—Dr. Caroline A. O. Burghard, an active member, and Mrs. Adele J. Hughes and Mrs. Lizzie F. Kelly, associate members.

Miss Ford now is the second vice president of the District federation, and was one of the delegates sent from Washington to the biennial convention of women's clubs in Chicago.

One of the most comprehensive features of the present work of the auxiliary is the compiling of a history of the members, and the soldiers each member represents. This is being done by the historian, Mrs. Mary F. Case. The membership to be represented in this book is about sixty.

Business meetings now are held on the first Friday of each month at the president's home, and on the third Friday social meetings are held by invitation at members' homes.

Hits From Sharp Wits. Free speech is usually full of charges. Norfolk Ledger-Dispatch.

About the best thing for mere man to do and say about woman's apparel is nothing. Let them have their say about their own affairs, for they will, anyway.—Milwaukee Sentinel.

Myths cannot be exploded with dynamite.

People should always recognize facts and their friends.—Deseret News.

3,300 1-lb. loaves to the barrel.

The Sooner You Learn

—that the quality of your flour is just as important as the extent of your skill the sooner you will achieve complete baking success.

You will get a product that invariably yields Bread, Cakes, and Pastries of HIGHEST QUALITY if you demand

Cream Blend FLOUR

AT YOUR GROCER'S

B. B. Earshaw & Bro.

Wholesalers Only 922-928 La. Ave.

Carroll Electric Co. 514 12 N. W.

## Not "Smart" to Be Delicate Now-a-Days

By WINIFRED BLACK.

D. R. LOUIS BROCC, of Paris, France, says that the new-fashioned woman is a failure.

"Women are fast deteriorating physically," says Dr. Brocc, "owing to the exaggerated efforts, principally the intellectual efforts, they are making toward what they call their 'emancipation.'"

"Women are stoop-shouldered, hollow-chested, pale-faced and dull-eyed low-cheeked, and dull-eyed."

"Where is the beautiful, rosy, healthy girl of twenty years ago? Gone—with the old-fashioned ideas as to modesty and a demure deportment."

"Well, well, well—what a world we live in, to be sure."

I suppose the frog in the puddle, there by the roadside, thinks all the world is green—when the sun begins to show on the top of the waters of his existence.

It's some little time since I've been to Paris, so I can't tell about the French women. But there isn't the least trouble in the world to tell about the American woman and her dress. The American woman was never so clever, never so interesting, never so pretty, never so good-natured, never so happy—and never in such rude health as she is in this very year of our Lord nineteen fourteen.

She's broader shouldered, deeper chested, bigger footed and taller by an inch and a half than she ever was before. All this by actual measurement. Did you happen to know, Dr. Louis Brocc, of Paris, France, that the girls born in the public hospitals of America average an inch and a half more in length and a pound and a half more in weight than they did ten years ago?

Women Becoming Taller. And has it been brought to your attention that the graduates of the girls' high school in any city in America where they keep statistics on such matters is taller by two inches than the average girl of ten years ago? And, let me whisper, have you heard the terrible news from those high schools besides?

Sh, I'll tell it to you. The high school boys' average in height and in weight, and in general physical development is going down, and has been going down, slowly but very, very steadily, for the last ten years.

What does it mean? I wish I could tell you—I'd love to do it. But don't let any French gentleman distract your attention with his strange weird statements concerning the modern woman—as he knows her. The modern woman is the most amazing creature this world has ever produced. Some of the things about her are not particularly pleasing—oh, come, let's face the truth—for once—but she isn't aemic and she isn't stoop-shouldered, and she isn't hollow-chested.

She wears a tight corset and high heeled shoes and a smothering veil. She didn't like to walk, she couldn't play golf—tennis tired her, and she was too timid to learn to swim.

I think she wanted to sit on the piazza and have somebody hold hands with her, but everybody was too busy—walking and motorizing and canoeing and swimming and being generally about as active as a good, healthy, well-intentioned grasshopper on a June day.

Poor little cousin—she was a belle down home where she came from. It was hard on her when she came to the city, but she had brains under all her blonde hair, and by the time she started home she was made over. I don't believe her own mother knew her when she met her at the station.

The woman of a generation ago always "had a headache" once a week, anyway, and the woman of today who ever lived in the world kept telling me that she never went to a funeral or a wedding or a party in her young days without having somebody faint during the ceremony. She fainted herself, she says, when there were no one else to faint for.

Auntie is a good bit over sixty now, and she's taking tango lessons, and yesterday she joined a mountain walking club and is having a great time getting an Alpen-stock with a big enough spike in the end of it. She likes cliffs, and precipices and canyons, and she's a good bit over sixty now.

What, you say, Dr. Louis Brocc, of Paris, France—some one over to America and let us show you a few modern women as they really are—and you'll change your mind. You'll have to—or stop being a clever, quick-witted Frenchman.

(Copyright, 1914, Newspaper Feature Service.)

WOMAN BEFORE HER JUDGES

For. If we require more perfection from woman than from ourselves, it is doing them honor.—Samuel Johnson.

Kindness in women, not their beautiful looks, shall win my love.—Shakespeare.

Woman is an idol man worships until he throws it down.—Anonymous.

The Italian says "What a woman will do for love."—Dumas.

A beautiful woman is a practical poem, taming her savage mate, planting tenderness, hope, and courage, in all whom she approaches.—Emerson.

Women do not often have it in their power to give like men, but they forgive like Heaven.—Mme. Necker.

The laughter, the tears, and the song of a woman are equally deceptive.—Latin Proverb.

Against. Men say of women who please them, but women do with men what pleases them.—Segur.

The most disagreeable of all things is a woman who has neither mind nor heart, but only features like a doll.—Sir Walter Scott.

What woman can resist the force of praise?

LOCAL MENTION.

F. F. V. Luch, 1008 Pa. Ave., is giving patronage to Virginia Thea. That's all. —Adv.

Bert V. Wolfe, life insurance, Colo. Bldg.

## Truths by Women Who Know Providing Homes for Children Under Seven

St. Ann's Infant Asylum

One of a very small number of institutions in Washington which care for children less than one year old is St. Ann's Infant Asylum, at 2300 K street northwest. There, 140 children are given a home from birth until seven years old. Upon reaching that age, the boys are sent to St. Joseph's Orphanage, 924 H street northwest, and the girls to St. Vincent's, at Edgewood, D. C., where they remain until fourteen years of age. After that they are placed in St. Rose's Technical School, where they receive a training in all household arts and business courses, preparing them to go into business for themselves or for employment in first-class business establishments, dressmaking or other occupation.

Mrs. John Maher, who has long been familiar with this work, and who has adopted two children from St. Ann's, relates herein of this home, of the summer place at Berwyn, of the shady well-screened sleeping porches, of the sisters and trained nurses in charge and of the trustworthiness of the children reared there.

By MRS. JOHN MAHER.

Of the many institutions devoted to the care of homeless children, with which Washington is blessed, the one known as St. Ann's Infant Asylum, at 2300 K street northwest, is among the oldest, having been founded in August 1860. This beautiful home occupies a large square opposite Washington circle.

Children are taken in, from birth, until seven years of age. Some are born here, there being a lying-in hospital attached to the home. St. Ann's is in charge of Mother St. Agnes, who is assisted by nine others of the Order of the Sisters of Charity and several trained nurses. There are at present 140 children, who are attended with such care and devotion that they bring to the mind of the visitor the words of the Great Lover of all children: "Let these little ones come unto me, for of such is the kingdom of heaven."

One hundred and twenty-five of these children have gone to the summer home in Berwyn, until September, where they will romp and play to their little heart's content.

Children Sometimes Adopted. Fifteen of the youngest, whose ages range from a few days to a few weeks, remain at St. Ann's under the care of sisters and nurses. These babies' little white coats are on large, shady, and well-screened porches.

Children are kept at St. Ann's until they reach the age of seven, when the boys are sent to St. Joseph's Orphanage, at 924 H street northwest, which was incorporated in 1855, and which is under charge of the Sisters of the Holy Cross. The girls are sent to St. Vincent's, at Edgewood. The boys are sometimes adopted by well-to-do farmers. I know of two many happy little lads who are very contented in their little mountain homes, where



MRS. JOHN MAHER.

they have found "heart room" as well as heart room.

Industrial Training. The girls remain at St. Vincent's until they are about fourteen, when they are sent to St. Rose's Technical School, at Phelps place and California avenue, a school founded in 1868, where they become efficient in all household arts, and where some take business courses. Some are employed in first-class business establishments, dressmaking or in other occupations, and still some others go into business for themselves, where their good manners and trustworthiness prove to be a credit to those who reared them.



MRS. JOHN MAHER.

They have found "heart room" as well as heart room.

Industrial Training. The girls remain at St. Vincent's until they are about fourteen, when they are sent to St. Rose's Technical School, at Phelps place and California avenue, a school founded in 1868, where they become efficient in all household arts, and where some take business courses. Some are employed in first-class business establishments, dressmaking or in other occupations, and still some others go into business for themselves, where their good manners and trustworthiness prove to be a credit to those who reared them.

The same idea can be applied to an evening meal, and many decorative effects are possible by using a large platter and combining on it two or three of the main food of the meal. It is not necessary to use the service plate, and the paper plates now on the market are so attractive that they would be worth to use them at least once or twice a week on a hot evening, so that there should be no term of dishwashing. Indeed, there are certain paper plates as white and lovely as porcelain, and a new paper napkin is made of paper which looks like crepe de chine. Paper table cloths, too, with damask patterns, are beautiful, and will also cut the laundry bill. Special children's sets of napkins and little tablecloths come, which are greatly enjoyed by the little folk. And